



## Introduction to the Bright Start Breakfasts Fund

Since delivery began in August 2025, Bright Start Breakfast funded provision is delivering transformative impact for children, families, schools, and communities across Scotland. The fund is supporting services in urban, rural, island and high deprivation communities, reaching children who are most likely to experience food insecurity, disrupted routines, or barriers to learning and children attending specialist Additional Support for Learning schools. In addition to outcomes for children, the fund is supporting parents to access employment, training or educational opportunities and/or wider family support.

There is breakfast provision being funded under the Bright Start Breakfast banner in all 32 local authorities. Delivered in a variety of models, and by a range of organisations across the public, private and third sector, the portfolio of grant awardees is enabling greater understanding of the importance, and complexity, of creating a system of breakfast and before-school provision which meets the needs of children and families in Scotland's diverse communities.

Evidence across over 150 providers shows clear and consistent outcomes:

- Children arrive in the classroom fed, settled and ready to learn, directly improving punctuality, attendance, emotional regulation and classroom engagement.
- Parents, particularly those in low income, shift work and lone parent households, can work or study, with reduced stress and more stable routines.
- Universal and stigma free approaches increase uptake and normalise support for all.
- Settings report strengthened relationships with families, enabling earlier intervention, signposting, and wraparound support.
- Children with Additional Support Needs (ASN) benefit from calm, structured morning routines and supported transitions.

As fund manager, Inspiring Scotland has enabled rapid mobilisation, flexible delivery, and robust support for diverse partners, from small rural schools to large multisite third sector providers. We have strengthened provision through hands on relationship management, reporting support, learning facilitation, and practical problem solving on staffing, expenditure, and inclusive practice.

Bright Start Breakfasts is currently delivered by a range of providers, including schools, third sector organisations and local authorities. We want to understand how delivery across all provider types is affecting local authority catering and facilities teams.

We also want to explore the anticipated impact of expanding breakfast provision from 2027 onwards. Although the Scottish Government has committed to continuing and growing this funding, the mechanism for how it will be distributed or managed has not yet been confirmed. We want this to be the start of an ongoing dialogue with catering and facilities teams to ensure that the national offer is the best that it can be through early engagement with all partners in the system.



## Impact on Staff and Operations

1. How has Bright Start Breakfasts affected catering and facilities teams' workload and routines?
2. Have you needed to adjust staffing levels, shift patterns, or roles?
3. What changes have there been to supervision, cleaning, or facilities management?

## Impact on Existing Breakfast Provision

1. How well has Bright Start Breakfasts funded delivery integrated with your existing breakfast clubs or provision?
2. Have menus, ordering processes, or kitchen workflows needed to change?
3. Have you noticed shifts in demand or footfall before the school day starts?
4. Have there been financial implications, positive or negative, for your current provision? (e.g., efficiencies, duplication, increased costs)?

## Partnerships in Breakfast Provision

1. Where BSB funded clubs/provisions are delivered by the school, a private or third sector partner, how has this affected catering and facilities teams?
2. Have there been/ could there be opportunities for catering and facilities teams to partner with other orgs to deliver an expanded offer for children and families (e.g., breakfast food AND activity/childcare)?
3. What are the infrastructure and/or logistics challenges to consider when non-catering services are delivering the provision?

## What's Working and What's Challenging

1. What aspects of delivery have worked particularly well, and in which settings?
2. What have been the main operational challenges (e.g., staffing, timing, space, supply)?
3. Are there notable differences in challenges across rural, island, or urban schools?

## Future Rollout Considerations

1. If Bright Start expanded further, what pressures or capacity issues would your teams face?
2. What support or enablers (staffing, facilities, funding, guidance) would make scaling easier?
3. Are there schools that would struggle due to space, kitchen infrastructure, or staffing limits?
4. What investments would most improve access to breakfast provision?
5. What support is needed from government, education services, or suppliers?
6. Are there any regulatory or procurement barriers you anticipate?

## Data and Improvement

1. What data do you currently collect (e.g., uptake, costs, staffing, food waste)?
2. What data would help you better understand or communicate the impact of breakfast provision?

## Final Reflections

1. If you could change one aspect of how Bright Start Breakfasts was implemented, what would it be?